


The RNIB logo consists of the letters 'RNIB' in a bold, white, sans-serif font, set against a dark purple rounded rectangular background.

**RNIB**

supporting blind and  
partially sighted people

# RNIB Emotional Support Service

## Telephone Support Groups for people with sight loss



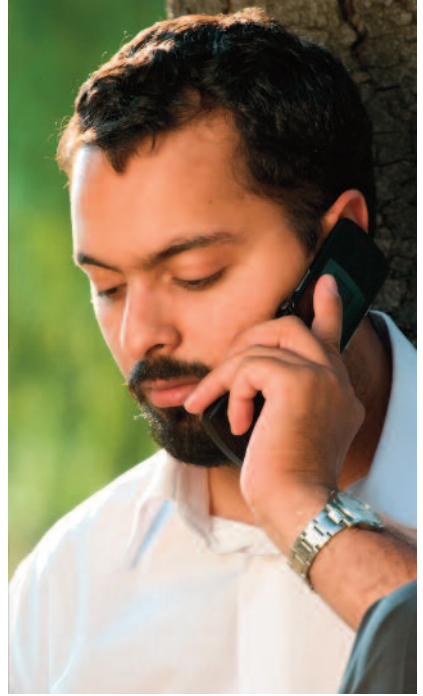
Are you finding it difficult  
to live with your sight loss?

Do you wonder how other  
people are dealing with  
similar situations?

# Introduction

Sometimes you might experience difficult feelings around sight loss. You might find it helpful to explore ways forward in your life within a small group of people in a similar situation.

Our Emotional Support Service runs telephone support groups called **“Seeing it through - exploring thoughts and feelings about sight loss.”**



In a supportive setting, you will be able to:

- talk about the way you feel
- share your experiences with others in similar circumstances
- explore what is not working for you and how to make it work
- improve and learn ways of dealing with difficult feelings related to sight loss.

## About the support groups

The support groups usually run for eight weekly meetings over the phone. There will be a maximum of 5 people participating and each session will last about an hour.

An RNIB counsellor will be your group facilitator and will help you to share and explore your experiences in a safe way.

Every week the facilitator will get in touch with each participant over the phone. Once everybody is contacted the meeting will begin. Your phone number is confidential to the Emotional Support Service and no one else will have access to it.

We do not offer long term support or befriending. If you want to join a telephone social group we can direct you to the RNIB befriending scheme.

RNIB telephone support groups are free, including costs of the phone calls.

**“It has been a wonderful experience. I hope other people will have a chance to participate in these groups so that they will know you are not the only one and you can talk it through with others.”**

# Getting in touch

To find out more about RNIB telephone support groups please contact the Emotional Support Service. You can do this by either calling us on **020 7391 2186** or emailing **ess@rnib.org.uk**

## Next steps

A facilitator will contact you within two weeks to explain in more detail what the group is about and when the next one is going to run. This call will be a chance to discuss your individual circumstances and establish whether this type of support is appropriate for you.

## Additional support and services

### **RNIB Helpline**

Through our Helpline, we also offer access to a range of products, support and advice to help you live independently. Call 0303 123 9999 or email [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk) to find out more about what we can offer you.